

Key Concepts

Shekinah	The dwelling or divine presence of God often shown as a cloud.	Messiah	The promised deliverer of the Jewish nation. The word means 'anointed one'
Synagogue	A building or place of meeting for worship in the Jewish faith	Covenant	A promise or an agreement. Covenants were made between God, Abraham and Moses.
Shabbat (Sabbath)	The Jewish day of rest and seventh day of the week	Mitzvot	Actions that Jews must perform or avoid. There are 613 including the Ten Commandments
Kosher	Means 'clean' or 'fit'. It describes food that is okay to eat for Jewish people.	Torah	The Jewish written law and the first 5 books of the Hebrew Bible

Jewish Daily Life – Keeping Kosher

Jewish dietary laws are known as kashrut. The 'kashrut' laws tell what a Jew is allowed and not allowed to eat, and how it should be prepared. Food that is clean or fit is kosher whereas food that is unclean is treifah. For many Jewish people keeping the food laws is a very important part of their religious observance.

Sources of Authority

"Of all the animals that live on land, these are the ones you may eat" **Leviticus**

Meat and dairy cannot be eaten together, as it says in the Torah: "Do not boil a kid in its mother's milk"
Exodus

The Torah gives a list of kosher animals: "Of all the animals that live on the land, these are the ones you may eat" **Leviticus**

Kosher	The word kosher comes from the Hebrew, meaning fit, proper or correct . Kosher refers to the set of Jewish food and dietary laws contained in the Torah, mainly in the book of Leviticus . Orthodox Jews will keep to these food laws strictly, however, some Reform or Liberal Jews may choose not to. The term kosher refers to foods which Jews are allowed to eat. It can also refer to certain actions that are allowed, clothing they may wear and for males, circumcision is also considered kosher.
Preparing Kosher Food	Animals will only be considered kosher if they have been slaughtered in a certain way. They have to be slaughtered in a way that causes the least amount of pain to the animal. This involves cutting the animals' throat with a razor-sharp knife , and all blood must be drained from the meat which causes an immediate loss of consciousness and death to avoid prolonged suffering.
Benefits of Keeping Kosher	Kosher is a central part of Jewish identity . Every time a Jewish person eats it also helps to remind themselves of their relationship with God . Preparing and eating food is something that has to be carried out daily so keeping kosher enables Jews to have a daily relationship with God. Kosher is also one of the 613 mitzvot . By following the mitzvot Jewish people are fulfilling the covenant that was established with Abraham and renewed by Moses at Mount Sinai .
Challenges of Keeping Kosher	Keeping kosher can be difficult and there are many challenges such as keeping a kosher kitchen . Jews cannot mix meat and dairy foods together so kitchens and kitchen utensils are separated. Eating out can be difficult as not all restaurants are kosher and meat has to be prepared in a specific way so fast food restaurants may not be kosher. Orthodox Jews keep a three hour gap between eating meat and dairy. It may be expensive as only specialised shops may stock kosher foods. Foods become treifah if they are mixed with non-kosher foods.

Exam Practice

d) 'You have to keep kosher to be Jewish.' (15)